



Santa Clara Senior Center NEWS

April 2015

New Evening Classes and Programs!

Have you ever thought of playing guitar or ukulele? Are you interested in learning Self-Defense techniques for seniors? Do you need a warm water therapy class? Stop by the front desk for more information about our new Tuesday and Thursday evening classes being offered beginning the week of April 27th.

Starting the week of April 20th, the Fitness Center and Natatorium (2015 Fitness Center/Natatorium card needed) will be available until 6:30 pm. All other activities and classes will end when the building closes at 7:00 pm.

For more information about new classes or hours, please see the front desk or give us a call at 408-615-3170.

Senior Center Volunteers Rock! (n' Roll)

Volunteer Dinner, April 22nd

The wide range of programs and services offered at the Santa Clara Senior Center would not be possible without the continued dedication of our Volunteers. The staff would like to thank our volunteers who share their skills, talents, and time so generously.

This year's volunteer recognition evening will be held on **Wednesday, April 22nd from 5:00 pm—7:00 pm**. Volunteers attend at no charge. Guests may attend for a charge of \$5 per person. Vegetarian option available upon request when pre-registering.

Remember to **RSVP to the front desk by Thursday, April 16th**. The theme is *Senior Center Volunteers Rock! (n' Roll)*. Wear your 1950's style clothing if you like and prepare to have a rockin' good time.

Hint: Elvis **Will Be** in the building!



*Thank you
to our
Volunteers!*



Santa Clara Parks and Recreation Department
Santa Clara Senior Center
1303 Fremont St., Santa Clara, CA 95050 - (408) 615-3170
www.santaclaraca.gov/seniorcenter - custservsrcenter@santaclaraca.gov
www.facebook.com/santaclaraparksandrec
Monday - Friday 7:00 am - 5:00pm & Saturday 9:00 am - 12:00 pm
(all programs and the front office services end 30 minutes prior to the building closure)



SERVICES AVAILABLE AT THE SENIOR CENTER

	Provider	Phone/Website
Care Management Services Services available by appointment: in-home assessment, connection to community resources, and service coordination. Services available to City of Santa Clara seniors 60+.	Santa Clara Parks & Recreation	(408) 615-3170 www.santadaraca.gov
Health and Wellness Services Services available by appointment: health education, healthcare coaching, social engagement, home visits, and blood pressure. Services available on a drop-in basis: blood pressure clinic Thursdays, 9:30 - 11:30 am. Services available to City of Santa Clara seniors age 50+.	Santa Clara Parks & Recreation	(408) 615-3170 www.santadaraca.gov
Health Insurance & Medicare Counseling (HICAP) Free service available by appointment. Information and assistance on Medicare related issues. Services available to anyone on Medicare.	Sourcewise	(408) 615-3170 www.mysourcewise.com
Senior Information and Resources Information, resources, and referral services for seniors at home. Services available to City of Santa Clara seniors at 50+.	Santa Clara Parks & Recreation	(408) 615-3170 www.santadaraca.gov
Senior Peer Advocate Services available by appointment: information and assistance to connect Santa Clara residents to a variety of community resources, services, and benefits, such as transportation, housing, food, healthcare, caregiving/family support, legal services, and social/educational activities.	Santa Clara Parks & Recreation	(408) 615-3170 www.santadaraca.gov
Legal Assistance Free legal assistance available by appointment. Services available to Santa Clara County seniors age 60+.	Senior Adult Legal Assistance (SALA)	(408) 615-3170 www.sala.org
Dining Out Nutritionally balanced lunch served weekdays 11:30 am. Advanced reservation is required. \$3.00 donation. Services available to Santa Clara County seniors age 60+.	Santa Clara Parks & Recreation and Santa Clara County	(408) 615-3170 www.santadaraca.gov
Tax Assistance Offered throughout the year.	AARP Volunteers	(408) 615-3170
Notary Service Free service by appointment. Signer must be present and provide government issued identification. Services available to seniors age 50+.	Volunteer	(408) 615-3170 www.santadaraca.gov

Discover additional resources for seniors @ www.santadaraca.gov/SeniorCenter or at the Senior Center.

AMERICANS WITH DISABILITIES ACT (ADA) - In accordance with the Americans with Disabilities Act of 1990, the City of Santa Clara Parks and Recreation Department will ensure that all existing facilities will be made accessible to individuals with disabilities. Reasonable modification in policies, procedures, and/or practices will be made as necessary to ensure full and equal access and enjoyment of all programs and activities for all individuals with a disability. In order to allow participation by individuals with severe allergies, environmental illnesses, multiple chemical sensitivity, or related disabilities, **please DO NOT wear scented** products to programs/activities at City facilities. Contact the Santa Clara Senior Center at (408) 615-3170 with accessibility concerns specific to this facility, and the Parks and Recreation office at (408) 615-2260 for accessibility concerns regarding other parks and recreation facilities/programs. For all other ADA questions contact the City Clerk's office at (408) 615-2220.

CLASSES

**Join us for exciting classes that will energize & motivate you
to increase your fitness & activity levels.**

Seniors of all ages (50 & up) and abilities are encouraged to register!
Please refer to the Recreation Activities Guide for class fees and schedules.

Fitness for All

Mondays, 9:00 - 9:45 am, and Wednesdays, 10:30 - 11:15 am

Gentle aerobic, toning, and stretching exercise will improve your balance, flexibility, endurance, range of motion, sense of equilibrium, and core muscular strength. Exercises include chairs for props while sitting or standing. All abilities are welcome. *Instructor - A. Biscardi*

Jazzercise with Jerome!

Mondays and Wednesdays, 7:30 - 8:30 am

This fun, energizing jazz program consists of cardio, strength building, and stretching moves. Modifications to each routine are offered to meet the needs and fitness levels of all participants. *Instructor - J. Flowers*

No Falls S.O.S.

Tuesdays and Thursdays, 11:00 - 11:30 am

Stretch, Observe, & Strengthen your way to decreasing the risk of falling. Focusing on falls prevention, this class aims to improve your balance, sense of equilibrium, flexibility, spatial awareness, and core muscular strength.

Instructor - M. Pozzi

Pilates Mat—Building the Foundation

Tuesdays and Thursdays, 7:30 - 8:30 am

This class will focus on the fundamental principles of Pilates to achieve greater overall body strength and flexibility by concentrating on the physical core. The class will flow in a manner that challenges and adapts to the needs of the participants. *Instructor - J. Russum*

P90X for Active Seniors

Tuesdays and Thursdays, 12:00 - 12:45 pm

P90X is a full-body, strength conditioning class for active adults with healthy joints. The class focuses on fundamentals, practicing balance, agility, and strength using hand weights. Participants need to be able to move to the floor and back into a standing position easily. Please note this is a high-activity level class. *Instructor - T. Anderson*

Small Group Fitness Training

Tuesdays and Thursdays, 11:00 - 11:55 am

Is personal training too expensive or intimidating? Try our small group fitness training! Led by a certified personal trainer, you will be supervised through cardiovascular warm-up, stretching, and led through a small group workout which will include machines, free weights, and assorted fitness equipment.

Instructor - T. Anderson

Tai Chi for Life!

**Tuesdays and Thursdays, 8:45 - 9:45 am, Intermediate level
(Beginner level pre-requisite)**

Tuesdays and Thursdays, 9:45 - 10:45 am, Beginner level

Learn new ways to relax, revitalize, and have fun! Tai Chi is a mindful, internal martial art that flows in gentle and slow, whole body movements. Tai Chi promotes health, balance, flexibility, strength, and clarity. *Instructor - L. Scheer*

Introduction to Woodworking, #54629

April 13 - 17, Monday, Wednesday, Friday

9:00 am - 1:00 pm

This class is presented in two parts: lecture and demonstrations, and construction of your projects. Learn the joy of woodworking and make this a part of your life.

Instructor - T. Freitas

Zumba Gold® with Ginger

Mondays, 10:00 - 10:45 am, and Wednesdays, 9:30 - 10:15 am

Zumba Gold® with Ginger is a Latin dance-inspired workout. Let the music move you in the upbeat, "fitness party." Zumba Gold with Ginger is a lower impact, easy-to-follow fitness class that keeps you in the groove of life! *Instructor - G. Wilson*

**Sometimes classes are cancelled
because people wait too long to register.
Please register early to avoid disappointment!**

HEALTH & WELLNESS, CARE MANAGEMENT

National Health Observances are special days, weeks, or months focused on raising awareness about important issues related to health and well-being. **April's observance is Foot Health Awareness Month.**

The aim of Foot Health Awareness Month is to encourage everyone to be mindful that foot health has an overall impact on total body health, and that a podiatrist is key to ensuring optimal foot health.

Stop by our Health & Wellness Program table in the lobby on April 15th from 10:00 am - 12:00 pm to learn more about Foot Health information and the latest health news. There will be helpful handouts and friendly volunteer nurses to answer your questions.

A Few Good Men (and Women too!)

Fridays, 12:30 - 2:00 pm, Room 205

Let's increase the fun and invite a few good women to join—the more the merrier! Come share stories and laughs, current events, or just compare notes with a lively group who enjoy discussing what's on their minds. No registration is required and participation is free.

Senior Peer Advocate (SPA)

Mondays, 10:00 am - 12:00 pm, Room 205

SPA volunteers provide information and assistance to connect you to all sorts of community resources. SPA appointments are free and available through the Senior Center front desk. Whether you are looking for ways to get more help at home or need information about grab bars, we'll do our best to help.

April Hearing Testing

Wednesday, April 15th, 9:00 - 11:00 am

Free hearing screenings will be provided by a licensed audiologist and San Jose State University Speech & Language Pathology interns. A representative from California Telephone Access Program will also be available in Room 205 to provide information and assistance in obtaining specialized phones for those who qualify.

Appointments **are limited and registration is required** at the front desk. Hearing screening check-in will be on the second floor in the Health & Wellness seating area.

Winter/Spring Wellness Series

Classes are held on Tuesdays from 1:00 - 2:00 pm in Room 149 (unless otherwise noted).

Pre-registration is required at the front desk or online. Each class costs \$6 with Santa Clara senior discount or \$8 for non-residents. Join us for some interesting discussion and up-to-date information! **Register early! Classes not meeting the enrollment requirements will be canceled one week prior to class date.**

Reduce Stress: Relax and Renew - April 7th, Course #54878

We all read or hear that stress is harmful to our health. We should take steps to decrease worry and anxiety in our lives. But how do we accomplish that when stress is everywhere? Join us to learn how stress affects our bodies and techniques to help you relax.

Blood Pressure Clinic

Thursdays, 9:30 - 11:30 am

Free drop-in blood pressure check by our volunteer nurse is available every Thursday morning in the Health & Wellness office.

Transitions

Mondays, 1:00 - 2:30 pm, Room 205

Feeling lost or overwhelmed? This support group can help you navigate life's changes. This is a drop-in group, and participation is free. Join anytime... you are welcome here.

Wednesday Walk-a-Block

Wednesdays, 10:00 - 10:30 am

One of the easiest ways to keep your heart healthy is by walking! Join us for Walk-a-Block on Wednesday mornings from 10:00 - 10:30 am. Walkers meet in the front lobby at 10:00 am and walk for approximately 30 minutes. Bring a friend and join your fellow walkers for some fresh air and exercise.

Clutter Free

**The 2nd and last Thursday of each month,
10:30 am - 12:00 pm, Room 205**

This peer-led support group focuses on new skills and perspectives as we share strategies for managing all our stuff. Please drop in on our next meeting or call Mallory von Kugelgen, Health and Wellness Coordinator at (408) 615-3180, for more information.

ALWAYS HAPPENING

Ballroom Dancing

Tuesdays and Thursdays, 7:30 - 10:30 pm

(Dance Lessons, 6:30 - 7:30 pm / Dances, 7:30 - 10:30 pm)

Dancing is a great way to exercise, socialize, and connect with friends new and old. Dance lessons are free with paid admission. **For the month of April, the Tuesday dance lesson is the Tango and the Thursday dance lesson is the Foxtrot.** Dance lessons change every month. Dances taught include Waltz, Foxtrot, Latin and more. Admission to the dance is \$6 when live bands play and \$5 when hosted by a DJ.

Santa Clara Women's League

2nd Tuesday of each month, 1:00 pm

The Santa Clara Women's League is a service organization which supports the Health and Wellness Program at the Senior Center. Membership flyers are available at the Santa Clara Senior Center. New members are always welcome.
www.santaclarawomensleague.org

Drop-In Crafts

Thursdays, 1:00 - 3:00 pm, Room 149

The Santa Clara Senior Center invites you to revisit an old hobby or take up a new one. Here is an opportunity to work on your own self-directed project in the company of others who share your love of crafts. Please do not bring in projects that produce strong fumes. Finishing products are not allowed in the Senior Center. All seniors age 50+ are welcome. Engage your brain as well as your creativity.

Welcome Newcomers

3rd Thursday of each month, 10:30 - 11:30 am, Room 205

Join us for an informal yet informative get-together as we introduce you to the activities, programs, and services the Santa Clara Senior Center has to offer. An escorted tour of the 60,000 square foot facility will be available to those interested. Seniors, family members, and caregivers are welcome to attend. No registration is necessary.

Game On!

Santa Clara Parks and Recreation Department invites you to play at the Senior Center. Playing games is a great way to spend time with old friends and meet new friends all while keeping your mind sharp and staying "on top of your game." Most games can accommodate any number of drop-in players. Refer to the table below for more information on a game that interests you.

Game	Day	Time	Location	Contact	Drop Ins
Bingo	Tue Fri	12:45 - 2:45 pm 12:45 - 3:00 pm	Auditorium	Staff, 615-3170	Welcome

Games, Games, Games

Mexican Train, Dominos, Cribbage, and more	Mon, Wed	1:00 - 3:00 pm	Auditorium	Staff, 615-3170	Welcome
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Cards Games

Bridge, Intermediate	Mon, Wed, Fri	12:30 - 3:00 pm	Mezzanine (Auditorium on 4th Wed.)	Duane, 246-9794	Call first
Bridge, Intermediate	Wed	9:00 - 11:30 am	Mezzanine	Betty, 248-3952	Call first
Canasta, Pinochle	Tue	12:00 - 4:00 pm	Mezzanine	Staff, 615-3170	Welcome
Poker	Mon - Fri	7:30 - 10:00 am	Mezzanine	Staff, 615-3170	Welcome

Active Games

Wii	Mon - Fri Sat	7:00 am - 4:30 pm 9:00 - 11:30 am	Fitness Center	Staff, 615-3170	Welcome
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APRIL SPOTLIGHT...Did You Know?



MONDAY	TUESDAY	WEDNESDAY
<p>New Fitness Classes start at the beginning of every month!</p> <p>Sign-up now for May.</p>		1
6	7	8
	<p>AARP Tax Aide Service 8:30 am - 4 pm (By Appointment)</p> <p>H&W Series: Reduce Stress 1:00 - 2:00 pm - Course # 54878</p> <p>TGA Tuesday Night Dance Dance Lesson, 6:30 - 7:30 pm Nob Hill Sounds, 7:30 - 10:30 pm "Spring Fling, Bonnets, and Bows"</p>	
13	14	15
<p>Introduction to Woodworking 9 am - 1 pm - Course # 54629</p>	<p>AARP Tax Aide Service 8:30 am - 4 pm (By Appointment)</p> <p>Santa Clara Women's League 1:00 pm</p> <p>TGA Tuesday Night Dance Dance Lesson, 6:30 - 7:30 pm 10th Avenue Band, 7:30 - 10:30 pm</p>	<p>Hearing Testing 9:00—11:00 am (By Appointment)</p> <p>Introduction to Woodworking 9 am - 1 pm - Course # 54629</p>
20	21	22
	<p>TGA Tuesday Night Dance Dance Lesson, 6:30 - 7:30 pm Tenor Band, 7:30 - 10:30 pm</p> <p>⇒ Extended Hours Begin ⇐ 7:00 am - 7:00 pm</p>	<p>Let's Talk Travel 12:30 - 1:00 pm</p> <p>Volunteer Recognition Dinner 5:00 - 7:00 pm (Must RSVP by April 16th)</p>
27	28	29
<p>Senior Advisory Meeting 10 am - 12 pm</p>	<p>TGA Tuesday Night Dance Dance Lesson, 6:30 - 7:30 pm Geri Foley, D.J., 7:30 - 10:30 pm</p> <p>⇒ Extended Hours Begin ⇐ 7:00 am - 7:00 pm</p>	

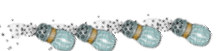
APRIL SPOTLIGHT...Did You Know?



THURSDAY	FRIDAY	SATURDAY
<div>2</div> <div>AARP Tax Aide Service 8:30 am - 4 pm (By Appointment)</div> <div>Thursday Night Dance Dance Lesson, 6:30 - 7:30 pm Colin Dickie, D.J., 7:30 - 10:30 pm</div>	<div>3</div>	<div>4</div> <div>Join us Saturdays from 9:00 - 11:30 am for billiards, shuffleboard, and darts.</div>
<div>9</div> <div>AARP Tax Aide Service 8:30 am - 4 pm (By Appointment)</div> <div>Thursday Night Dance Dance Lesson, 6:30 - 7:30 pm Lyratones, 7:30 - 10:30 pm</div>	<div>10</div>	<div>11</div>
<div>16</div> <div>Welcome Newcomers 10:30 - 11:30 am Lunch Meet 12:30 - 1:30 pm - Bay Area Older Adults</div> <div>Thursday Night Dance Dance Lesson, 6:30 - 7:30 pm Colin Dickie, D.J., 7:30 - 10:30 pm</div>	<div>17</div> <div>Introduction to Woodworking 9 am - 1 pm - Course # 54629</div>	<div>18</div>
<div>23</div> <div>Thursday Night Dance Dance Lesson, 6:30 - 7:30 pm 10th Avenue Band, 7:30 - 10:30 pm</div> <div>➡ Extended Hours Begin 7:00 am - 7:00 pm ⬅</div>	<div>24</div>	<div>25</div>
<div>30</div> <div>Thursday Night Dance Dance Lesson, 6:30 - 7:30 pm 10th Avenue Band, 7:30 - 10:30 pm</div> <div>➡ Extended Hours Begin 7:00 am - 7:00 pm ⬅</div>		

DINING OUT

Monday	Tuesday	Wednesday	Thursday	Friday
Meatloaf w/Gravy Wheat Dinner Roll Cut Green Beans Whipped Potatoes w/Gravy Mandarin Oranges 6	Herbed Roasted Chicken Brown Rice Pilaf Caribbean Blend Vegetables Cold Black Bean & Corn Soup Fresh Fruit in Season 7	Rosemary Turkey w/Gravy Whole Grain Bread Glazed Carrots Roasted Diced Potatoes Tropical Fruit Cup 1	Spaghetti w/Meatballs Minestrone Soup Mixed Vegetables Cucumber, Tomato salad Fresh Orange 2	Spring Holiday Center Closed 3
Orange Glazed Chicken Brown Rice Asian Blend Vegetables Garden Salad w/Broccoli Fresh Fruit in Season 13	Roast Turkey w/Gravy Whole Grain Bread Mixed Vegetables Whipped Potatoes w/Gravy Mandarin Oranges 14	Baked Beef Rigatoni Tuscan Bean Soup Steamed Spinach Cucumber, Tomato Salad Tropical Fruit Cup 15	Pork Loin w/Gravy Fusilli Noodles Steamed Broccoli Marinated Zucchini Salad Fresh Fruit in Season 16	Stuffed Green Peppers Whole Grain Roll Italian Blend Vegetables Romaine Salad w/Tomatoes Fresh Fruit in Season 17
Roast Pork w/Applesauce Whole Grain Bread California Blend Vegetables Red Cabbage & Apple Fresh Fruit in Season 20	Beef Stew w/Carrots, Potatoes Cornbread Vegetables in Stew Green Salad w/Tomatoes Tropical Fruit Cup 21	Italian Herbed Chicken Quarter Lemon Orzo Brussels Sprouts Cold Black Bean & Corn Salad Fresh Fruit in Season 22	Stuffed Cabbage Roll Split Pea Soup Italian Blend Vegetables Romaine Salad w/Broccoli Pineapple Tidbits 23	Baked Fish w/Tartar Sauce Seasoned Brown Rice Peas & Carrots Broccoli Raisin Salad Fresh Berries In Season 24
Hot Roast Beef w/Gravy Whole Grain Bread Steamed Spinach Whipped Potatoes w/Gravy Tropical Fruit Cup 27	Hot Turkey Sandwich Whole Grain Bread Peas & Carrots Spinach Salad w/Broccoli Fresh Fruit in Season 28	Breaded Baked Fish Seasoned Brown Rice Succotash w/Pimento Garden Salad w/Dried Cranberries Fresh Orange 29	Chicken Parmesan Rotelli Pasta California Blend Vegetables Green Salad w/Tomatoes Fruit Cocktail 30	
Alternative Meals are higher in sodium.				
Week1: Chinese Chicken Salad, Pasta Roasted Vegetables. Salad, Roast Beef Sandwich, Vegetarian Wraps Week2: Chicken Caesar Salad, Garbanzo Beans/Orzo Salad, Turkey Sandwich, Vegetarian Patty Burger Week3: Santa Fe Chicken Salad, Lentil Salad, Roast Pork Sandwich, Vegetarian Pita Sandwich Week4: B.B.Q. Chicken Salad, Cranberry/Cilantro Quinoa Salad, Tuna Salad Sandwich, Vegetarian Wraps Week5: Greek Chicken Salad, Veg. Nicoise Salad, Egg Salad Sandwich, Vegetarian Patty Burger				



ALWAYS HAPPENING

Lapidary

Thursdays and Fridays, 9:00 am - 1:00 pm

Join the Lapidary drop-in program and learn to cut and polish rocks and begin making beautiful jewelry. A current Registration/Release of Liability Form is required to participate. (There is a participant fee of \$1.00 per day).

Senior Advisory Commission

4th Mon. of the month, 10:00 am - 12:00 pm, Room 232

The Senior Advisory Commission was established to act in an advisory capacity, providing City Council with insight regarding matters pertaining to the senior population in our community. The Commission consists of seven Santa Clara residents who meet monthly, along with City staff, where information is presented and shared, and recommendations are offered on ways to improve the quality of life for all Santa Clara seniors. Commission members include: Wanda Buck, Dwight Collins, ArLyne Diamond, Ph.D., Barbara A. (Bobbi) Estrada, Frank Kadlecsek, Sam Orme, and Alice Pivacek.

Meetings are open to the public and agendas are posted in the Senior Center lobby and online at www.santaclaraca.gov. You are welcome to drop in for any of our meetings and join the discussion or share your opinions on matters important to you.

Woodshop

Tuesdays and Thursdays, 8:00 am - 12:00 pm

The Woodshop is a great place to work on small projects and repairs. Join others who enjoy woodworking. A woodshop orientation is required. Beginners are welcome. A current Registration/Release of Liability Form is required to participate. (Donations accepted are used to replenish consumable Woodshop supplies).

Billiards/Shuffleboard/Darts

Mondays - Fridays, 7:00 am - 4:30 pm,

Saturdays, 9:00 - 11:30 am

Come play a "round of pool" with friends. The billiards room at the Senior Center offers everything you need to get the game going. Five standard pool tables covered with Simonis billiards cloth, pool balls, cue sticks, and bridges are available for use on a first-come, first-served basis. A rack of billiard balls can be checked out at the front desk. The room is also equipped with shuffleboard table and a dart board.

Snack Bar

Mondays - Fridays, 8:00 am - 4:00 pm,

Saturdays, 9:00 - 11:00 am

Let's go out to the lobby for a hot dog, sandwich, or soda! Visit our snack bar and enjoy the many goodies we have available.

Computer Lab

Mondays - Fridays, 7:00 am - 4:30 pm,

Saturdays, 9:00 - 11:30 am

With 13 personal computers, you have access to utilizing Windows 7 and Microsoft 2010. Also available are two laptop internet access ports. Computers are unable to save work so please provide your own storage device. Check the computer calendar on the door for closures.

Dining Out

Served Monday - Friday, 11:30 am - \$3.00 donation

Call our reservation hotline at (408) 615-3174

Visit with old friends or make new ones while enjoying a nutritionally balanced hot lunch. Menus change seasonally. There is always an option to the hot meal such as meat or vegetarian salads, and sandwiches. Advance reservations are required and are limited. Participants without a confirmed reservation may check with Dining Out staff or volunteers for the availability of stand-by meals. Meals not claimed by 11:45 am will be made available to stand-by diners. Services available to Santa Clara County seniors age 60+. Fee for a guest under the age of 60 is \$6.00.

Let's Talk Travel

Fourth Wednesday of most months, 12:30 pm, Mezzanine

Share ideas, interact with others who love to travel, and enjoy presentations by tour specialists and staff.

Lunch Meet

Thursday, April 16, 2015, 12:30 - 1:30 pm, Room 232

Topic: Getting the Most Out of Your Golden Years

Bay Area Older Adults (BAO) promotes the health and well-being of adults age 50+ through our Healthy Living Program. Our presentation explains the health benefits of staying mentally, physically and socially active. Dr. Anne Ferguson demonstrates this free, online resource with more than 1,500 listings of outdoor, fitness, social, and cultural activities provided by community organizations (www.bayareaolderadults.org). Moreover, she describes the group events hosted by BAO such as this year's educational lectures, cultural, and outdoor events. Come see and hear about the fun and healthy activities engaging our community of vibrant and social older adults!

Please join us for this presentation highlighting:

- Fun and healthy things to do in the Bay Area
- Health-related lectures and cultural explorations
- Social hikes and picnics
- How to stay vibrant as you age

Everyone is welcome to attend. There is no fee and no registration required. While no food is served, you may bring your lunch.

FITNESS CENTER & NATATORIUM

The 3,000 square foot Fitness Center is equipped with cardio equipment, weight machines, free weights, core conditioning equipment, and a stretch area. There is something for everyone.

The Fitness Room is Open:

Monday - Friday, 7:00 am - 4:30 pm

Saturday, 9:00 - 11:30 am

The Women's Locker Room is Closed for Cleaning:

Monday - Friday, 2:00 - 2:30 pm












So that pool users may make an informed decision whether or not water temperature is suitable for their needs, there is one (1) thermometer in each pool.

Lap Pool: Water temperature ranges from: 81 - 84° F

Warm Water Pool: Water temperature ranges from: 90 - 94° F

Spa: Water temperature ranges from: 97 - 101° F

Natatorium Schedule—Swim/Walk Schedule for Lap Pool, Lane # 1 only (Note: Lane # 2 and Lane # 3 are open for swim only)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am - 1:30 pm Walk 	7:00 am - 1:30 pm Swim 	7:00 - 10:00 am 11:00 am - 1:30 pm Walk 	7:00 am - 1:30 pm Swim 	7:00 - 10:00 am 11:00 am - 1:30 pm Walk 	9:00 - 11:30 am Swim 
3:00 - 4:30 pm Swim 	3:00 - 4:30 pm Walk 	3:00 - 4:30 pm Swim 	3:00 - 4:30 pm Walk 	3:00 - 4:30 pm Swim 	

Lap Pool Schedule - Closed for Cleaning Monday - Friday, 1:30 - 3:00 pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am - 1:30 pm	7:00am - 1:30 pm	7:00 - 10:00 am	7:00 am - 1:30 pm	7:00 - 10:00 am	9:00 - 11:30 am
CLOSED FOR CLEANING	CLOSED FOR CLEANING	11:00 am - 1:30 pm CLOSED FOR CLEANING	CLOSED FOR CLEANING	11:00 am - 1:30 pm CLOSED FOR CLEANING	CLOSED
3:00 - 4:30 pm	3:00 - 4:30 pm	3:00 - 4:30 pm	3:00 - 4:30 pm	3:00 - 4:30 pm	

Warm Water Pool Schedule - Closed for Cleaning Monday - Friday, 1:30 - 3:00 pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 - 9:00 am	7:00 - 9:00 am	7:00 - 9:00 am	7:00 - 9:00 am	7:00 - 9:00 am	9:00 - 11:30 am
12:30 - 1:30 pm	12:30 - 1:30 pm	12:30 - 1:30 pm	12:30 - 1:30 pm	12:30 - 1:30 pm	CLOSED
CLOSED FOR CLEANING	CLASSES IN SESSION, NO DROP-IN	CLOSED FOR CLEANING	CLASSES IN SESSION, NO DROP-IN	CLOSED FOR CLEANING	
3:00 - 4:30 pm		3:00 - 4:30 pm		3:00 - 4:30 pm	

Spa Schedule - Closed for Cleaning Monday - Friday, 1:30 - 3:00 pm and Wednesday, 1:30 - 4:30 pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am - 1:30 pm	7:00 am - 1:30 pm	7:00 am - 1:30 pm	7:00 am - 1:30 pm	7:00 am - 1:30 pm	9:00 - 11:30 am
CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED
3:00 - 4:30 pm	3:00 - 4:30 pm		3:00 - 4:30 pm	3:00 - 4:30 pm	

Thanks for a Terrific Show(time)!

Much appreciation and applause for the Santa Clara Women's League and Senior Center staff who helped make our 33rd annual *Showtime* event a rousing success. Attendance was great, the performance was hilarious and fun, the Olio is always terrific, and people ate hot dogs like crazy—what a wonderful weekend and what a huge effort by lots and lots of people! Of course, we know that all proceeds go towards supporting the Health & Wellness Program, for which we are extremely grateful.

BRAVO, Santa Clara Women's League, and thanks! Larisa, Wendy, and Mallory - "The Nurses"

New Class Coming!

Is that new smartphone not making you feel so smart? And what's with Facebook and Instagram? We'll help you if you help us! Please take our short survey and help us plan our new technology class! We want to know what technology topics you most want to learn about. Surveys can be returned at the Front Desk or upstairs outside the Health & Wellness office. The class will be developed based on the most popular topics chosen. Class date and time TBD. Watch for the surveys at the start of the month, and stay tuned for more details. Please call Wendy at 408-615-3175 with questions.



Instructors Needed!

Do you have a hobby or skill that you'd like to share with others? Would you be interested in teaching a class? The Senior Center is looking for enthusiastic, friendly, and talented instructors to teach special interest classes. If interested, please see the front desk for a class proposal form. For information about those classes offered, grab a copy of the latest Activity Guide in the main lobby. Who knows, YOU could be our next instructor.



COMMUNITY

Computer Lab Notice!

It's Tax Season...and the computer lab will be closed Tuesdays and Thursdays through Tuesday, April 14 from 8:30 am - 4:00 pm. AARP Tax Aide volunteers will be here to help you with your 2014 Federal and State Income Tax Returns. For more information, see the front desk.

Tax Assistance

AARP Tax Aide volunteers will be here on **Tuesdays and Thursdays through April 14, from 8:30 am - 4:00 pm**, to help you with your 2014 Federal and State Income Tax Returns. Please note: the volunteers are not trained to prepare tax forms that report business, rental, or partnership income. Please bring the following with you when you come for your appointment:

- Valid photo identification and taxpayer identification number(s) (Social Security Number).
 - Birth dates of all individuals to appear on the return.
 - Bank routing numbers and an account number for direct deposit.
 - Copies of your Tax Returns and supporting documents you filed for Year 2013.
 - W-2 Forms from each employer for Year 2014.
 - 1099 G Forms for unemployment.
 - SA-1099 Forms for Social Security received in Year 2014.
 - All 1099 Forms (1099 INT, 1099 DIV, 1099-R, 1099 MISC) for Interest, Dividends, Pensions, Annuity, IRA Distributions, and Miscellaneous Income received in 2014.
 - Cost Basis and Acquisition Date for the sale, or exchange, of Stocks, Bonds, etc., in 2014, Form 1099-B.
 - Record of withholding and Estimated Tax payments for 2014 (Forms 1040-ES and 540 ESS).
 - Name and address of landlord to receive State Renter's credit.
 - If you plan to Itemize Deductions, please bring a consolidated list of your 2014 Medical Expenses, Contributions of cash or goods, Tax Payments, Home Mortgage Interest Payments, and Miscellaneous deductions.
- Call the Senior Center office at 408-615-3170 to make an appointment. Appointments are required.**

Thank you Senior Center Volunteers!

April is the month we celebrate the many hours of service our Senior Center Volunteers have so generously given us. Our team of 170 volunteers donated almost 12,000 hours between July, 2014 and January, 2015. The skills our volunteers share allow the Senior Center to offer a wide range of programs and services for the seniors in our community. Take a moment to view the plaque near our auditorium honoring those who have contributed 1,000 hours of service. This list will grow in July when we add the names of volunteers who have attained this 1,000 hour milestone during the current volunteer year. Please join Senior Center staff in thanking our dedicated Senior Center volunteers.

***"Volunteers are not paid —
not because they are worthless, but because they are priceless."***



TRS - Therapeutic Recreation Services

Providing Therapeutic Recreation Services for individuals with disabilities throughout the City of Santa Clara:

- Adult Social Club
Ages- 20+
Tuesdays, 6 pm-8:30 pm
- CapAbilities Club
Ages- 40-60+
Wednesdays, 5:30 pm-7:30 pm
- Children's Recreation
Ages- 4-12
Saturdays, 9:30 am – 11:30 am
- Teen Club
Ages- 13-19
Thursdays, 6 pm-8:30 pm
- The "Social-Lites" Club
Ages- 21+
Fridays, 6 pm - 9 pm



For more information contact

Therapeutic Recreation Services Supervisor, Adam Elix - 408-615-3169 **OR**
Therapeutic Recreation Coordinator, Melissa Santos, CTRS - 408-615-3183

TRS - Therapeutic Recreation Services



Children's Recreation

For Youth With Disabilities Ages 4-12



This is a play program designed for children with disabilities including those with Autism Spectrum Disorders. The class includes music, games, arts and crafts, and movement activities. Children should bring a snack to class each week. Staff to Participant ratio is 1:5.

This program is designed to increase:



- Social Interaction Skills
- Creative Expression Skills
- Physical Development and Independence

Where: Community Recreation Center
969 Kiely Blvd.
Santa Clara, CA 95051

When: Saturdays, April 11th - May 16th
9:30 am - 11:30 am

Therapeutic Recreation Swim Classes

For Youth and Adults With Disabilities Ages 4-12 /13+

Swim classes are designed for persons with disabilities and focus on safety, water adjustment, health/wellness, fitness, relaxation, self-esteem, and enjoyment. Water safety is emphasized through adapted basic swim instruction and challenging water play/activities. Small group classes are structured to provide a positive, non-threatening environment. 1:2-5 Ratio provided.

This program is designed to increase:

- Water Safety Skills
- Health and Wellness
- Physical Development and Self-esteem

Where: Santa Clara Natatorium (indoor swim facility)
1303 Fremont Street
Santa Clara, CA 95050

When: Thursdays, April 30th - May 28th
4:30 - 5:00 pm & 5:00 - 5:30 pm

REGISTRATION: For Registration information please contact,

Adam Elix– Therapeutic Recreation Services Supervisor
Phone: 408-615-3169
email: aelix@santaclaraca.gov

OR

Melissa Santos, CTRS - Therapeutic Recreation Coordinator
Phone: 408-615-3183
email: msantos@santaclaraca.gov